



Club Diabetico Aruba shows great concern for a growing health problem on the island.

During a press conference held at the Dr. Horacio Oduber Hospital, Pharmacist Koen Eskens imparted some sobering facts; 15% of Aruba's population is suffering from Type 2 diabetes, nearly 13,000 people and 1.5% have Type 1, with numbers of Type 2 diabetes amongst the island's youth increasing at an alarming rate.

To combat this growing health risk, Koon and Mende Lo-Anjoa, a nurse specializing in the treatment of Diabetes, have initiated the Club Diabetico Aruba, or CDA, to offer assistance both financially and medically to its members suffering from this disease. Inscription is a one-time charge of 25 Aruban florins and annual dues are 25 florins. Upon inscription, members will receive a "Bon Bini" packet of a tee shirt, information and a complete blood testing kit, worth nearly 90 florins.

Other financial advantages to members will be discounts on all diabetic paraphernalia at the Boticas that are part of the "Botica di Servicio" chain, including Botica Eagle, Botica Noord, Botica Maria in Santa Cruz, and Botica Seroe Preto in San Niclolaas. There will be a quarterly newsletter with valuable information about detection, treatment and medical advances and the membership will offer discounts at participating vendors that encourage a healthy lifestyle, such as the Subway Sandwich shops.

Other benefits to CDA members will include regular check ups by a diabetes specialist, discounts on consultations with a nutritionist, and a possibility to network with other individuals suffering from the disease, offering support and information.

Arubans are encouraged to be informed, to understand the lifestyle that contributes to the development of this crippling disease, and to be aware of the symptoms. Fatigue, frequent urination, constant thirst, sudden weight loss, red, sore eyes and double vision, shortness of breathe and leg pain when walking may all be indications of diabetes and a doctor should be consulted. Proper nutrition and exercise and being fit is essential for the prevention and control of this dread disease, and their specialist and newsletters will advise members on how to maintain a healthy lifestyle.

For more information and inscription, stop by any of the Botica di Servicio outlets or telephone 745-4728. CDA can also be contacted via e-mail at diabetes@boticadiservicio.com.